Cuban Mint

Mentha x villosa



Cuban Mint flowers
Photo courtesy of NetPS Plant Finder

Height: 3 feet

Spread: 18 inches

Sunlight: ○ ◐

Hardiness Zone: 4

Other Names: Mojito Mint

Description:

This variety is grown primarily for its less pungent, sweet flavored foliage that is popular in drinks and as a food seasoning; a great container plant, and it is suggested that planting within a pot in the ground will curtail invasiveness

Edible Qualities

Cuban Mint is a perennial herb that is commonly grown for its edible qualities. The fragrant oval green leaves are usually harvested from late spring to early fall. The leaves have a minty taste.

The leaves are most often used in the following ways:

- Fresh Eating
- Cooking
- Seasoning
- Tea

Features & Attributes

Cuban Mint's attractive fragrant oval leaves remain green in color throughout the season on a plant with an upright spreading habit of growth.

This is an herbaceous perennial herb with an upright spreading habit of growth. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition. This is a high maintenance plant that will require regular care and upkeep, and should be cut back in late fall in preparation for winter. It is a good choice for attracting bees and butterflies to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Invasive

Aside from its primary use as an edible, Cuban Mint is sutiable for the following landscape applications;

- Mass Planting
- General Garden Use
- Herb Gardens
- Container Planting

Planting & Growing

Cuban Mint will grow to be about 30 inches tall at maturity, with a spread of 18 inches. Its foliage tends to remain dense right to the ground, not requiring facer plants in front. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 10 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant can be difficult to integrate into a landscape or flower garden, and is best grown in a designated herb garden. It does best in full sun to partial shade. It does best in average to evenly moist conditions, but will not tolerate standing water. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This particular variety is an interspecific hybrid. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Cuban Mint is a good choice for the edible garden, but it is also well-suited for use in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.